Cucumber eye compress
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Great to soothe, cool and refresh the delicate skin around the eye area, this compress is perfect for after a festival or a busy day of activities.

**Ingredients**

- **Rehydrating Rose Toner*** - 200ml
  Balances and refreshes
- **Eyebright Herb Infusion*** - 10ml
  Helps soothe the eye area
- **Aloe Vera Juice*** - 1 tablespoon
  Help soothe and cool the skin
- **White Tea Toning Eye Gel*** - optional
  Cooling, soothing and refreshing
- Cucumber - 1 inch

**Directions**

1. Infuse 1 teaspoon of eyebright herb in 100ml of hot water for 5-10 minutes, allow to cool before using
2. Blend the ingredients well in a small bowl
3. Chill in the fridge for 10 minutes
4. Soak cotton pads in the mixture
5. Pop the pads onto closed eyes
6. Relax for 10 minutes
7. Remove the cotton pads and apply **White Tea Toning Eye Gel** straight from the fridge

Recipe by Suzanne Colston-Lynch, Head of Training & skincare expert at Neal’s Yard Remedies

*Available in Neal’s Yard Remedies stores and online at nealsyardremedies.com